



## **Ingleside's Pamela Mills Promoted to Director of Memory Programming**

*Mills to lead Ingleside in creating therapeutic programming for persons with neurocognitive disorders*

**WASHINGTON (Nov. 1, 2018)** – [Ingleside](#), a premier, charitable not-for-profit provider of comprehensive older adult opportunities in the Washington, D.C. metropolitan area, is pleased to announce the promotion of Pamela Mills to director of memory programming. In this role, she will lead Ingleside in creating therapeutic programming for those with neurocognitive disorders.

Previously, Mills served as the director of memory care at the [Ingleside at King Farm](#) community. During her tenure at Ingleside, she developed, planned, organized and implemented the day-to-day functions of the Memory Care services. She also originated a social day program for people with dementia-related cognitive impairment from concept to creation called [Ingleside Engaged](#).

This program provides structured and meaningful activities including fitness, creative arts, cognitively stimulating, entertaining and social experiences, in a safe and accepting environment. Ingleside Engaged has grown from three to five days per week and will expand further in the near future.

“Her heartfelt passion is for designing and implementing creative, person-centered programs,” said Ingleside VP of Operations Christine Podles. “Pamela’s continued success with the Ingleside Engaged day program is one of the many reasons we value her as part of our community.”

Mills holds a certification in Alzheimer’s disease and dementia care training through the National Council of Certified Dementia Practitioners and is a certified therapeutic recreation specialist of over 25 years through the National Council for Therapeutic Recreation Certification.

She graduated from the Erickson School at the University of Maryland, Baltimore County with a master’s degree in management of aging services and a bachelor’s degree in health and human performance from the University of Maryland, College Park.

### **About Ingleside**

Ingleside is a premier, charitable not-for-profit provider of comprehensive older adult opportunities in the Washington, D.C. metropolitan area. Based in Rockville, MD, Ingleside is the parent organization for three CARF-accredited, charitable not-for-profit, life plan communities (formerly continuing care retirement communities) and its affiliates, including: the Westminster Ingleside Foundation, WING (Westminster Ingleside Group), which focuses on real estate development and management, and Ingleside at Home, a not-for-profit, charitable home-based care program. Ingleside’s family of communities include: Ingleside at Rock Creek (Washington, D.C.), Westminster at Lake Ridge (Lake Ridge, VA), and Ingleside at King Farm (Rockville, MD). For more information, visit <http://www.inglesideonline.org>. Ingleside’s mission is to provide strategic and operational leadership that enables our affiliates to excel in their missions.